

FY2014 CHNA&HIP Progress Report

Mitchell County

Community Health Improvement Plan

| GOAL | Strategies | Progress on Strategies |
|--|---|--|
| Reduce obesity in Mitchell County by 3% by June 30, 2015 | Promote healthy lifestyle with several articles about physical activity tips, nutritional facts, etc. through our local 4 media outlets and our new wellness center in Osage. | We continue to promote wellness with newspaper articles, brochures, social media, and 1:1 with our clients. Mitchell County Home Health Care and Public Health also work with the Cedar River Complex, a wellness center in our community, to promote active healthy lifestyles for all ages. |
| | Provide Cholesterol & Diabetes Screening Clinics to 3 major manufacturing plants in Mitchell County once per year. Educate and make referrals if out of parameters. | Cholesterol and diabetes screenings were completed in the Fall of 2013 at Absolute Energy in the northern part of our county. 35 screenings were completed at 4 clinics held at hours that are conducive to the employees. Mitchell County Home Health Care and Public Health are planning on offering these screenings to county employees, spouses, and children who are not covered by insurance or who are wanting another check of cholesterol or diabetes as an indicator of how they are progressing with attempts to become healthier. |
| | Recruit county employees to participate in Live Healthy Iowa competition to increase physical activity and weight loss. | County employees are participating in various activities associated with wellness. By participating they are not only learning healthy lifestyles/activities they are saving a small portion on health insurance premiums. |

| GOAL | Strategies | Progress on Strategies |
|---|---|---|
| Reduce underage drinking by 10% on IYS by June 30, 2015 | Continue Mitchell County Substance Abuse Coalition by meeting every 4th Tuesday of each month. | The Mitchell County Substance Abuse Coalition continues to meet monthly on the 4th Tuesday of each month with regular attendance by 10 plus members. |
| | Promote our coalition to recruit more community members | Members are encouraged to bring new members to a meeting. |
| | Educate the community (including youth & parents) on the risks of underage drinking by community events and town hall meetings. | The Mitchell County Substance Abuse Coalition is in the planning stages of hosting a town hall meeting in the Fall of 2014 or Spring of 2015 to educate on underage drinking as well as substance abuse as a whole. Including the medical marijuana debate. |
| | Teach Prime for Life Programs in the Mitchell County high schools to educate youth about the risks of underage drinking. | Jay Pedelty, a Prevention Specialist from Prairie Ridge Treatment Center in Mason City, Iowa, presents the Prime for Life series at each of the 3 schools in Mitchell County. This is offered to 9th grade students. |